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STING

The Sports Information Publication of Cedarville University

Spring 2010

Vol. 23, No. 10

Wong and Alliman Named CU Athletes of the Year

Distance runner Lydia Wong and basketball player Ricardo Alliman have been selected the 2009-10 Yellow Jacket Athletes of the Year. The pair of seniors was recognized at the annual Honors and Appreciation Dinner in the Stevens Student Center on April 19, 2010.

Wong, a senior from Dillsburg, Pennsylvania, was a four-year member of the women's cross country and track & field squads. She is a three-time NAIA All-American in cross country and finished 18th at this year's meet with a time of 18:37.

Wong was the runner-up at the NCCAA National Cross Country Championship as the Lady Jackets captured the banner for the fourth straight time. Wong helped the Lady Jackets to a second-place finish at the 2009 American Midwest Conference Championship. She was the runner-up in 18:12 to earn All-AMC honors for the fourth time in her career.

Wong was the national champion in the mile run at the NAIA Indoor Track & Field Championship. She turned in a winning time of 4:55.08 to win the mile run by 3.34 seconds. It was the fourth time Wong earned All-America honors in the event and she is the fifth NAIA indoor champion in school history.

Alliman was selected to the NAIA Division II All-America Second Team - just the sixth player in Cedarville University's long basketball history to be chosen for the honor.

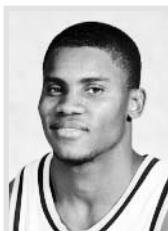
Alliman, who is from Kingston, Jamaica, ended his career with 1,443 points and finished 6th on Cedarville's all-time rebounding list with 1,091. He is the eighth player to surpass 1,000 career rebounds.

The 6-foot-7 center averaged team highs of 17 points and 10.2 rebounds per game during the 2009-10 campaign. He also earned a spot on the All-American Midwest Conference First Team for this past season.

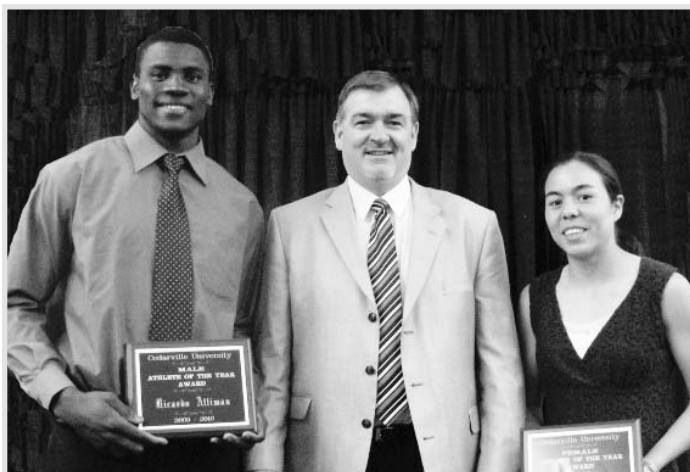
The Yellow Jackets completed the 2009-10 campaign with a 26-9 record including 14-2 in the AMC. Cedarville won the 2010 AMC Tournament to earn an automatic berth in the NAIA II national tournament - the team's fourth consecutive appearance.



Lydia Wong



Ricardo Alliman



Cedarville University athletic director Dr. Alan Geist with 2009-10 CU Athletes of the Year Ricardo Alliman and Lydia Wong.



Lydia Wong won two events and set a school record at the 2010 NCCAA Outdoor Championship.



Ricardo Alliman averaged 17 points and 10.2 rebounds per game in 2009-10.

Other Award Winners on Page 3.

Inside this issue...

- Callan's Comments
- More 2009-10 CU Athletic Awards
- STING Spotlight - Jenna Fox & David Convertini
- 2009-10 Yellow Jacket Senior Athletes
- Winter 2010 NAIA/NCCAA All-Americans/Scholars





CALLAN'S COMMENTS

WOW! How Time Flies When You Are Having Fun!!

by Dr. Don Callan

I suppose we have all heard this statement when people stop and realize that the years have flown by, and we have moved to another era of responsibility. I have even had that response when visiting another country, and find the time is gone, and I will be heading home soon.

The Scripture is clear on the subject of change. We all grow old and we all die. Yet God never changes, he never reinvents things. He has always been, and always will be the same - yesterday, today and forever. What a promise! He never changes the rules or what He expects from us. Yet we as humans constantly change and seek new directions. Fortunately, we believers have direction because of our relationship to the Father through the Son and under the direction of the Holy Spirit.

The Bible instructs us that He will never leave us or forsake us, so that we may boldly say, "The Lord is my helper and I will not fear what man can do to me." He holds us in the palm of His hand. Now that is a promise that we can depend on.

In the year 1960 I came to Cedarville College along with long-time friend and colleague Dr. Robert Gromacki. We were young and eager to turn the world upside down for Christ. As others of similar desire and interest surrounded us we had dreams of having an impact on the world for Christ. God put together a great team under a great leader in Dr. James T. Jeremiah.

Dr. Jeremiah, although stern at times, allowed us to launch out, to attempt to accomplish things we dreamed would impact the students, faculty and the world. Bob, a former golf coach here at Cedarville, accomplished it by being a prolific writer. I have seen his books in many countries I have visited. He did indeed have a worldwide impact.

Elvin King who is retiring this year, was a student in my first years at Cedarville and was a member of the first-ever track team at Cedarville. As I remember, he pole vaulted into a sawdust pit -



which I had created not as a pit but a pile of sawdust. It was a good thing he didn't reach the heights I wanted him to or he would have killed himself on the landings.

Elvin came back to Cedarville as track & field coach. He also coached cross country for men. He soon started the women's track and cross country teams. Somehow he managed to always be in competition with the leader who had much more in athletic aid for athletes. He had the knack of challenging his athletes to go beyond what they thought they could and become champions in the national arena. Coach King and a few of his chosen athletes will never forget the "Cross Country for Christ" tour, when they ran nonstop from coast to coast across America.

I remember the year we hired Bob "Duke" Duchardt - the Athletic Trainer/Philosopher who served the University for 21 years. That program has been growing steadily since that day and presently is one of the most respected in the university arena. We all know of the "Dukeisms" he generated to describe life and the difficulties we all face. "Duke" is retiring this year, and will be sorely missed by coaches and athletes.

The great part in all this is that these are my friends. We have served together toward the common goal of discipling students. How successful were we? God is the judge and we each hope to hear those words of commendation from the One who knows who and what we are. He is the one who keeps the books and judges our lives.

Change is good, but being part of a long-term life of focus and common cause is even better. May the Lord help us to follow Him in our pursuit of serving Him faithfully.



Dr. Don Callan is the former Dean of the School of Health and Human Performance at Cedarville University. He also previously coached the Yellow Jacket men's basketball team for 35 years and is a member of the NAIA Hall of Fame.

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(937)766-7766 or 766-7996 Office
(937)766-5556 Fax
womackm@cedarville.edu
clarkj@cedarville.edu

Websites:
Yellow Jacket Sports Information
<http://yellowjackets.cedarville.edu>

American Midwest Conference
www.amcsports.org

Editor Mark Womack, Sports Information Director
Layout & Design Jim Clark, Assistant Sports Information Director
Photography Scott L. Huck, CU Creative Services
..... Matt Franz Photography

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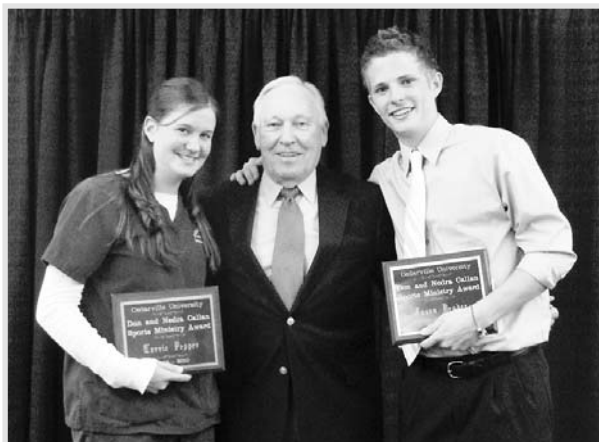
Fans can follow Cedarville University Athletics on Facebook and Twitter. Sign up using the links on the sports information website. Look for the rotating graphics in the top right corner of the front page.

Become a fan on Facebook. On Twitter, you can track the Jackets via either the web or text message alerts.

Additionally, you can receive SMS (short message service) text message alerts on your cell phone by signing up on the CU sports information site. You manage your own account in the self-subscribe/unsubscribe system.

The service is free, but standard text message rates apply depending upon the plan you have with your carrier. Click "SMS Alerts" at the bottom right of the web site.

2009-10 Athletic Honors & Awards



Torrie Pepper and Jason Bender with Dr. Don Callan.

Pepper, Bender Recognized for Sports Ministry

Soccer players Torrie Pepper and Jason Bender are the recipients of the Don and Nedra Callan Sports Ministry Awards at Cedarville University for the 2009-10 academic year. The honor recognizes student-athletes for their evangelism in and through sports activities while at the institution.

The awards are given in the name of Don and Nedra Callan, who have been committed to worldwide sports evangelism for five decades.

Dr. Callan is the former Dean of the School of Health and Human Performance and has served in various other capacities in athletics during his 50 years at the school.

Pepper, a senior defender from Hudsonville, MI, was part of a Lady Jacket squad that finished with a 7-8-2 record in 2009. She started all 17 matches and was part of a unit that allowed 1.36 goals per game with six shutouts.

Bender, a junior midfielder from Lebanon, PA, is a three-year member of the Yellow Jacket men's soccer squad which finished 11-6-3 last fall. He started all 20 contests and registered a goal with two assists.

Hoke, Wiseman named NAIA "Champions of Character"



- Respect
- Responsibility
- Servant Leadership
- Integrity
- Sportsmanship

Josh Wiseman and Cindy Hoke with Teresa Clark, Cedarville University's NAIA Champions of Character campus liaison.

Women's tennis player Cindy Hoke and men's cross country and track & field racewalker Josh Wiseman are the recipients of the seventh annual National Association of Intercollegiate Athletics "Champions of Character" Award at Cedarville University for the 2009-10 academic year. The honor recognizes student-athletes for their representation of the five core values the NAIA has established that comprise a Champion of Character: respect, integrity, responsibility, servant leadership and sportsmanship.

Hoke, a junior from Elverson, PA, is a three-year member of the Lady Jacket tennis squad. Head coach Dee Morris noted, "Cindy is the 'soul of responsibility' who is a powerful prayer warrior. She regularly prays for our team and enjoys mentoring teammates."

Wiseman, a junior from Springfield, OH, is a three-year member of the CU cross country / track & field programs. Head track & field coach Jeff Bolender commented, "Josh consistently displays sportsmanship in practice and competition not only in encouraging teammates, but complimenting competitors. He once removed himself from the line-up the night before a meet for the good of the team when he was not feeling well."

Lemon, Krogstad earn Callan Awards



Matt Krogstad and Alison Lemon with Dr. Don Callan.

Women's basketball player Alison Lemon and golfer Matt Krogstad are the recipients of the Donald E. Callan Awards at Cedarville University for the 2009-10 academic year. The awards are given in the name of Dr. Don Callan, former Dean of the School of Health and Human Performance. Dr. Callan has served in various other capacities in athletics during his 50 years at the school.

The awards recognize student-athletes who have participated all four years at the school with an emphasis on Christian service, academics, leadership, and athletic accomplishment.

Lemon, a senior from South Charleston, OH, is a four-year women's basketball player and earned NAIA II All-America First Team honors this past season. She was also named the AMC Player of the Year and the NCCAA Kathy Freese Player of the Year. Lemon averaged 16.9 points and 6.6 rebounds this past year for the AMC champion Lady Jackets.

Krogstad, a senior from Madison, WI, is a four-year member of the CU golf squad. He earned all-conference honors for the second consecutive year with his fourth-place finish at the 2010 AMC Championship. Krogstad holds the fourth-best career 18-hole average at CU with a 76.68 mark.



Jenna Fox is a 2010 graduate of Cedarville University and was a four-year member of the Lady Jacket softball team. She finished the 2010 campaign as the team's leading hitter with a .366 batting average and was named to the American Mideast Conference Second Team as well as the All-NCCAA Midwest Region Team. Fox ends her Cedarville softball career as the all-time leader in fielding percentage.

She shares some thoughts on her life as a CU student-athlete.....

Tell us about your family.

I was born and raised in California to my dad Jim Fox and my mom Nelene Fox. Unfortunately when I was four my mom died of breast cancer but my dad remarried my stepmom Jeanette Fox. I have two older sisters Nicole who is married to my brother-in-law Robert and they just had a baby named Gracie, so I am an aunt! And my other sister Natalie graduated from Cedarville and is a nurse in San Diego. I love my family and I would not have been anywhere close to where I am today without their love and support. My parents have been a huge support of my education and I would not have been a college athlete without the help and support of my dad and the countless hours he fed balls into the machine or hit ground balls or played catch with me! And my mom has always been a wonderful support at my games cheering me on!

How did you decide to attend Cedarville?

When my older sister Natalie was recruited to play softball here, it was pretty much decided that I was also going to come to Cedarville! But, I came for my recruiting visit and absolutely fell in love with the school- it was actually the only school I applied to!

How would you summarize your athletic career at Cedarville?

I absolutely loved playing softball at Cedarville. I had an amazing journey and loved the competition at the college level. I struggled adjusting to the college level a little bit my freshman year but from sophomore year on I got the hang of things! I had amazing friends on the team and it was great to grow as sisters in Christ on and off of the field.

What have been a couple of your most memorable athletic experiences?

One of my favorite experiences was the summer after my fresh-

man year we were able to take a softball missions trip to the Dominican Republic. It was an absolutely amazing time to bond as a team and to serve the Lord. We played several different Dominican teams and then we were able to share the gospel with the players and the fans after the game. We also had the opportunity to visit several orphanages, schools, and villages. It was amazing to serve the Lord while playing the sport we all love!



What lessons has God taught you during your time at Cedarville?

One of the greatest lessons the Lord taught me while I was at Cedarville is that I have to completely rely on him. He is the one that has all of the power and He is the one that should be given all of the glory. There were so many times when I would try to do things on my own and He would constantly teach me that it is only through His strength that great things can be accomplished.

Who or what has made the most impact on your spiritual life while at CU?

Two different people had a huge impact on my spiritual life at Cedarville. The first is Coach Rowe, because not only was he our coach and helped us on the field, but he was also a huge mentor in my life off the field. He cared about us on a deeper level outside of softball. Yes, he wanted us to do well on the field but he would constantly remind us that our spiritual lives and our relationship with the Father is so much more important! Kim Stewart is the second person that had a huge impact on my spiritual life. For a couple years while I was at Cedarville Kim and Coach Stew would open up their home for the team for dinner and fellowship. Kim was constantly giving to the team and she always had a smile and welcoming atmosphere at her home and in her office. She taught me what it truly means to be a servant and to give.



What are your plans after graduation?

After graduation I am going to take graduate classes at Cedarville in order to obtain my Masters of Education. I am also looking for a job teaching high school Social Studies somewhere in the area and I would love to pursue coaching!



David Convertini is a senior at Cedarville University and a two-year member of the Yellow Jacket baseball team after transferring from St. John Fisher College in New York. The catcher from Buffalo, NY is one of CU's top hitters this season with a .374 batting average including five home runs and 36 RBI's. Last season, Convertini set a new standard at CU with 70 base hits in a single season.

He shares some thoughts on his life as a CU student-athlete.....

Tell us about your family.

My parents are Phil and Lisa Convertini. I have 3 other siblings: older brother Phillip, 25 years old; older sister Lauren, 23 years old; and a younger sister Liza, 15 years old and is in high school. We live in Williamsville, New York. My father owns a family restaurant called "Phil's Char-Pit" and also works corporately.

How did you decide to attend Cedarville?

I didn't decide, God did! I attended St. John Fisher College in Rochester, New York for my first two years after high school. I played baseball there for those two years and during that time the Lord made some changes in my heart and decided that Cedarville was the perfect place for me to finish my college education. During that time I really wanted to be in a place in which my relationship with Christ could be nourished daily and that I could have the ability to grow everyday with other believers and found that Cedarville would be the perfect place for that.

How would you summarize your athletic career at Cedarville?

I would summarize my athletic career as fun. The past two years have been the most fun that I have ever had playing baseball. The relationships that I have developed throughout the past two years are ones that have helped me grow as a Christian man, and are friendships that will last forever. The environment that the coaches provide is one which puts the players in a position to succeed without the fear to fail.

What have been a couple of your most memorable athletic experiences?

Going to the Dominican Republic for a missions trip, playing at the Dayton Dragons' Fifth Third Field, and our 'almost' brawl with Rio Grande.

What lessons has God taught you during your time at Cedarville?

The two lessons that God has worked out in my heart and is continuing to do so are to trust Him at all times, no matter what the circumstance or situation, just trust; and the second is that in order for me to be an empty vessel for Christ I need to get out of the way. I need to rid my life of basically myself. All my wants and desires have to leave and I have to step to the side and let God get in the driver seat.

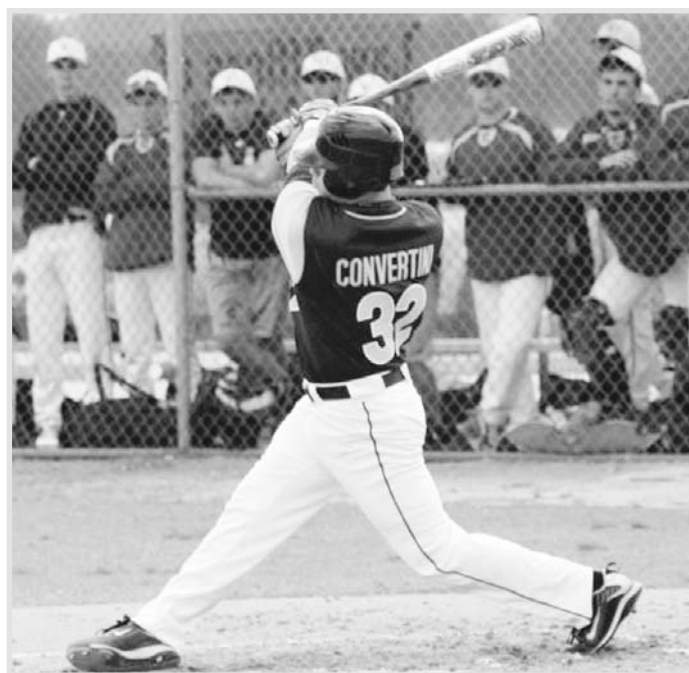
Who or what has made the most impact on your spiritual life while at CU?

God's Word, Cedarville chapel every day, and my closest friends have all had a huge impact on my spiritual life. They held me accountable for my actions, and the constant encouragement in my faith to know God more and more each day, never to get satisfied with my faith, has been the largest impact.



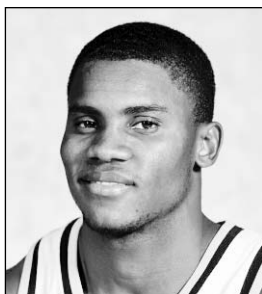
What are your plans after graduation?

I am hoping for the possibility of being selected in the upcoming 2010 Major League Baseball draft. If not, then I will be returning to Cedarville to take the G.A. position with the baseball team along with graduate work in education administration.

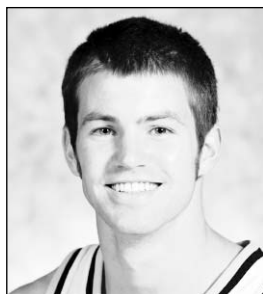




Congratulations to the 2009-10



Ricardo Alliman
Men's
Basketball



Haddon Anderson
Men's
Basketball



Rachel Arthur
Women's
Tennis



Dan Atkeson
Golf



Brianne Barnes
Women's
Soccer



Chris Beals
Men's
Basketball



Michael Beight
Men's
Track & Field



Allyson Castle
Women's
Soccer



Ryan Chaney
Men's
Soccer



Justine Christiaanse
Volleyball



Lacie Condon
Women's
Basketball



David Convertini
Baseball



Jenna Fox
Women's
Softball



Luke Freshwater
Baseball



Luke Griffith
Men's
Soccer



Matt Krogstad
Golf



Erin Landers
Women's
Soccer



Tara Leaman
Women's
Track & Field



Alison Lemon
Women's
Basketball



Georgiann McClure
Women's
Tennis

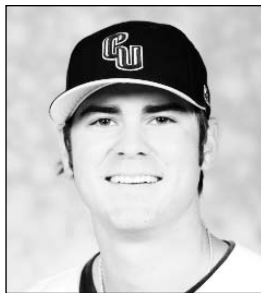
Cedarville University Senior Athletes



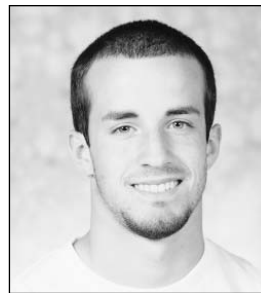
Carissa Parmerlee
Women's
Tennis



Torrie Pepper
Women's
Soccer



Clint Price
Baseball



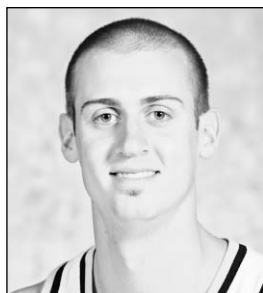
Zach Rost
Men's
Tennis



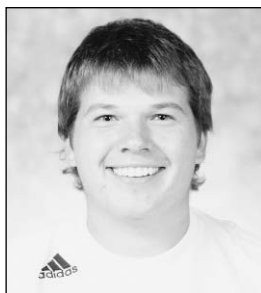
Emily Shade
Volleyball



Jessica Sipe
Women's
Track & Field



Brandon Sok
Men's
Basketball



Caleb Speicher
Men's
Tennis



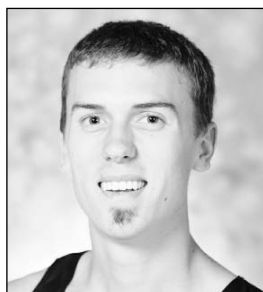
Sammy Starr
Men's
Track & Field



Colby Stoltzfus
Baseball



Liz Sweeney
Volleyball



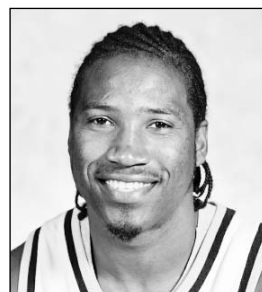
Rob Trennepohl
Men's Cross
Country/Track & Field



Brandon Tress
Men's
Track & Field



Julie Utz
Women's
Basketball



Christopher Walker
Men's
Basketball



Matthew Willett
Baseball



Mark Williams
Men's
Track & Field



Lydia Wong
Women's Cross
Country/Track & Field



Brandon Young
Baseball



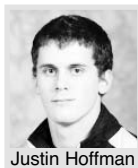


Winter 2010 NAIA / NCCAA All-Americans & Scholar-Athletes

2009-10 Cedarville University Athletic Partners

NAIA Indoor Track & Field All-Americans

- Justin Hoffman
- Evan Thayer
- Josh Wiseman
- Alexa Winik
- Lydia Wong



Justin Hoffman



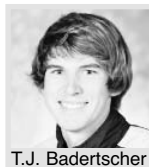
Evan Thayer



Alexa Winik

NCCAA Indoor Track & Field All-Americans

- T.J. Badertscher
- Michael Beight
- Marcus Benjamin
- Joe Carter
- Brad Eiras
- Johanna Ensslen
- Justin Hoffman
- Aaron Lane
- Katie Lanphier
- Jordan Molstre
- Sammy Starr
- Evan Thayer
- Brandon Tress
- Chris Vaughn
- Alexa Winik
- Lydia Wong



T.J. Badertscher



Katie Lanphier

NCCAA Indoor Track & Field Scholar-Athletes

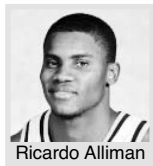
- Grant Bacon
- Marcus Benjamin
- Sarah Hannay
- Jennifer Hollander
- Sarah Stevens
- Brandon Tress
- Mark Williams
- Lydia Wong
- Rachel Wong



Rachel Wong

NAIA Division II Basketball All-Americans

- Ricardo Alliman
- Alison Lemon



Ricardo Alliman



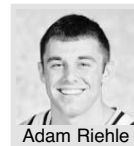
Alison Lemon

NAIA Division II Basketball Scholar-Athletes

- Rachel Hurley
- Alison Lemon
- Adam Riehle
- Julie Utz



Rachel Hurley



Adam Riehle

NCCAA Basketball All-Americans

- Ricardo Alliman
- Alison Lemon
- Aubrey Siemon

NCCAA Basketball Scholar-Athletes

- Lacie Condon
- Rachel Hurley
- Alison Lemon
- Lydia Miller
- Adam Riehle
- Julie Utz



Lydia Miller

- American Family Insurance
- Aqua Falls Bottled Water
 - Beaver Creek Rental
 - Beaver-Vu Bowling
 - Bello's Italian Restaurant
- Big Orange Shoe Shop (BOSS)
 - Buckeye Charters
 - CDR Radio Network
 - Cedarville Hardware
 - Cedarville Pharmacy
 - Cedarville Self-Storage
- Cedarville University Alumni Association
 - The Cerium Group
 - Chick-fil-A
 - Clifton Mill
 - Colonial Pizza
- Combs Interior Specialties
 - Comfort Suites
 - ConServe Concrete Construction Services
- Cotterman & Company
- Courtyard by Marriott
- Creation Museum
- Crellin Plumbing
- Dale's Truck Parts
- Dayton Dragons
- Deer Creek Apartments
- Der Dutchman Amish Country Cooking
 - Diamond Cellar
 - Docton Animal Clinic
- Dove's Nest Gifts & Home Accessories
- Dr. Jerry Frasure, Dentist
 - ECO SOX
- Express Employment Professionals
- FKCI - Promotions and Awards
 - Foreman - Blair
- Pontiac, Buick, GMC, Cadillac
- Frame Haven Art Gallery, Inc.
 - Gourmet Gift Baskets
- Grace Baptist Church - Cedarville
- Greene County Convention and Visitors Bureau
- Greene County Eye Care, Inc.
 - Greene Memorial Hospital
 - Hampton Inn
 - Hidy Ford
 - Hidy Honda
 - Hidy Hyundai
 - Hightech Automotive
- Holiday Inn - Springfield South
 - Holiday Inn - Xenia
- JDM Custom Impressions
- J.O. Harner Supply Co.
 - Lady Leffel Realty
 - Legacy Village
- Locust Hills Golf Club
 - Lofino's
- Matt Franz Photography
- M-F Athletic Company
 - Miller Printing
- Mom & Dad's Dairy Bar
- Neeld Funeral Home
- Northwestern Mutual - Eric Anderson
 - OBGYN LTD
- Ohio Army National Guard
- Ohio Property Inspection Services
- Orthopaedic Institute of Dayton
 - Peifer Orchards
 - Pepsi
- Raymond James - Lou Vision
- Red Roof Inn - Springfield
- Reddy Electric Company
- Remax/Spirit - Dave Johnson
 - Richey Manufacturing
- Rollins Moving and Storage
 - Safeguard (Printing & Promotional)
- Scioto Hills Christian Camp & Retreat Center
 - ScreenPlay Printing
 - Sheridan & Associates
- Son Rise Window Cleaning
- Southern Baptist Theological Seminary
 - Southwest Landmark
- Springfield Convention and Visitors Bureau
- Springfield Racquet Club
- Subway Restaurant, Cedarville
 - The Flower Stop
 - Trent Licklider, CPA
- TRIEC Electrical Services
- Trophy Sports Center
- Wallace & Turner, Inc.
 - WBZI Radio
- Wickline's Garden Center
- Winner's Village Market
- Xenia Shoe & Leather
- Young's Jersey Dairy - Restaurant/Family Fun Center

Contact
Jeff Bolender
for information
about
becoming a
Cedarville
University
Athletic Sponsor

Office:
937-766-4136
Email:
bolender@cedarville.edu